



Potato Set Curry (Makes 15 Tastes – 6 Meals)

Ingredients:

- 15 Large Potatoes
- 3 Onions
- 2 Cloves of Garlic
- 6 Tablespoons Olive Oil
- 6 Teaspoons of Cumin
- 3 Teaspoons Curry Powder
- 2 Teaspoons Ground Coriander
- 2 Teaspoons of Salt
- 3 Tablespoons of Green Ginger
- 1 Cup of Diced Tomatoes
- 1-2 Tins of Coconut Milk

Method:

Step 1

- Peel 15 large white potatoes
- Cut into large dice
- Place in a pot and cover with salted water
- Cook on high until tender
- Drain and allow to sit for a minute or 2

Step 2

- Fine chop 3 onions and 2 cloves of garlic
- In a large frypan heat 6 tablespoons olive oil
- Add the onions and garlic and fry gently for 1 minute
- Turn down the heat to half way
- Add 6 teaspoons cumin, 3 teaspoons curry powder, 2 teaspoons ground coriander
- Fry the spices gently for a minute, add 2 teaspoons of salt
- Grate some green ginger on a micro plane, add 3 tablespoons to the pot and stir.
- Add 1 cup of diced tomatoes
- Add the cooked potatoes
- Add 1 – 2 tins coconut milk.

Serve with steamed rice, Raita and Lentil Dhal.

Traditional Raita (Makes 4 Cups)

Ingredients:

- 2 Cups of Plain Yoghurt
- 2 Cups Seeded and Chopped Cucumber
- 1 Bunch Chopped Coriander
- 4 Chopped Spring Onions
- 3 Teaspoons of Ground Cumin
- 1-2 Teaspoons of Salt

Method:

Step 1

- Mix the following ingredients in a large bowl and mix well:

Lentil Dhal (Makes 4 Cups)

Ingredients:

- 3 Cups Drained Lentils
- 4 Tablespoons Grated Green Ginger
- 3 Bay Leaves
- 2 Cinnamon Sticks
- 2 Large Onions
- 2 Gloves of Garlic
- ¼ Cup Butter
- Spices Turmeric, Cumin and Garam Masala
- 2 Lemons
- 1 Bunch of Coriander

Method:

Step 1

- Place the following ingredients in a large saucepan:

3 cans drained lentils.

4 tablespoons grated green ginger

3 bay leaves

2 cinnamon sticks

2 cups warm water.

- Boil for 10 minutes.
- Meanwhile...heat ¼ cup butter in another frying pan over a medium heat.
- Add 2 large onions fine chopped.
- Add 2 cloves of garlic fine chopped
- Add 4 teaspoons turmeric / 2 teaspoons cumin / 1 teaspoon garam masala
- Stir for 1 minute, add juice of 2 lemons and a bunch of fresh coriander chopped.

Serve with steamed rice, Raita and Curry.